



America's Finest City

## THE CITY OF SAN DIEGO

### PARK AND RECREATION DEPARTMENT COMMUNITY PARKS I DIVISION

[www.sandiego.gov](http://www.sandiego.gov)

"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

### **FALL PROGRAM 2006**

**SEPTEMBER 5 - DECEMBER 31**

**OCEAN BEACH  
RECREATION CENTER  
4726 Santa Monica Blvd.  
San Diego, CA 92107  
Phone (619) 531-1527**



### **Recreation Center Staff**

#### **Center Director**

Kevin Wiggins

#### **Recreation Leaders**

Cristiana Donelli-Weaver

Yvette Nourie-Burns

Emily Rochfort

#### **Park and Facility Maintenance**

Dawn Flower

#### **Area Manager**

Andy Guyer



### **GREETINGS**

Hello! As the new Center Director I look forward in bringing back the rich tradition of Quality Parks and Programs including: Affordable Youth Recreational Sports and After School Activities. Our staff is committed in providing your family a clean, safe and community friendly environment. If you have any suggestions on activities or programs you would like to see offered or if you are interested in volunteering your time, please come by the office and say hello.

The Ocean Beach Recreation staff wishes everyone a fantastic Fall Season.

Play Hard, Play Safe and most importantly have Fun!!

### **Upcoming Events**

### **HALLOWEEN CARNIVAL!**

SATURDAY, OCTOBER 28<sup>th</sup>

2 P.M.-5 P.M.

COSTUME CONTEST! FOOD,  
GAMES & FUN!!!



Watch for more information, or call

(619) 531-1527

### **Hours of Operation**

Monday .....	12:00 pm to 8:00 pm
Tuesday.....	12:00 pm to 7:00 pm
Wednesday...	12:00 pm to 8:00 pm
Thursday.....	12:00 pm to 7:00 pm
Friday.....	12:00 pm to 6:00 pm
Saturday.....	9:00 am to 1:00 pm
Sunday.....	Closed

Hours subject to change on short notice

### **Recreation Council**

The Ocean Beach Recreation Council is an advisory committee made up of individuals from our community. Recreation council members work with city staff to promote recreation activities for citizens in the Ocean Beach area. The recreation council meets the second Tuesday every other month. Our meeting dates for 2006 are Tuesday August 8<sup>th</sup>, October 10<sup>th</sup>, and December 12<sup>th</sup> at 6:00 pm.

### **Park Reservation Information**

For information about reserving the following parks for sporting events, picnics, parties, etc., please call (619) 531-1527 or fax your requests to (619) 531-2746.

Bob Kenny Field \* Dana School Fields  
Plumosa Park \* Bill Cleator Park and Fields  
Collier Park \* Dusty Rhodes Park \*  
Ocean Beach Park and Recreation Center

## Adult and Senior Programs

### Senior Lunch

Days: Monday – Friday

Age: 60 years and up

Cost: \$3.50 per lunch

Time: 11:00-12:00 pm

For more information, please call  
(858) 483-5100



### Senior Fitness

Day: Tuesday and Thursday

Time: 10:15-11:00 a.m.

Cost: Free

Register the day of the class with the instructor.



### Adult Pottery & Clay Sculpture Class

Instruction for Beginning, Intermediate and Advanced ceramist. Students learn pinch pot, slab, coiling and throwing on the wheel. Students supply tools and clay. Firing cost included in fees.

Instruction Day: Tuesday 1:00-4:00 pm

OR

Tuesday 4:00 pm-7:00 pm

Studio Time: Thursday 1:00- 4:00 pm

Cost: \$50.00 per 4 week session

Classes start monthly

Instructor: Jane Good



## Youth and Family Programs

### Ballet

Day: Tuesday

Ages: 3-5 years: 3:45 - 4:15 pm

Ages: 6-8 years: 4:15 - 5:00 pm

Ages: 9 years and up: 5:00-5:45 pm

Session I: Sept. 12th - Oct. 10th (5 weeks)

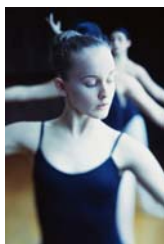
Session III: Oct. 17th - Dec. 12th

\* Session III is 8 weeks - Includes recital

Cost: \$45.00 per session

(Additional cost for 8 week course - for recital outfit - Inquire with instructor)

Instructor: Sandra Mangusing



### Civic Dance Arts

Dance classes are conducted by the City of San Diego Civic Dance Arts Department.

Register with instructor. **COST: \$35.00**

Next Registration – Sept. 21<sup>st</sup> – Tap 4-5 Yrs. old: - 3:15PM

Tap 6-17 yrs. Old – 4pm. Jazz 6-17 yrs. Old – 4:45pm

For more information please call the Civic Dance Arts Office at (619) 525-8258

## After School Program

This **drop-in** program provides participants with a variety of recreational activities including crafts, ceramics, cooking, sports, visual and performing arts, seasonal activities.

Day: Monday, Wednesday, Thursday

Time: 2:15 – 4:45 pm

Thursday: 12:30 – 4:45 pm

Ages 6-12

Cost: Free and or Minimal cost for some activities (Monthly calendar will be posted).

**Important note to parents this is not a daycare program, children who drop-in are free to come and go.**

Instructor: City Staff: Cristiana and Yvette.



### Flip Tyme Gymnastics Classes

Day: Monday

Cost: \$41.00 per 5 sessions

Ages: 3-4 years: 2:50-3:35 pm

Ages: 5-7 years: 3:40-4:25 pm

Session I: Sept. 11th – Oct. 9th

Session II: Oct. 16<sup>th</sup> – Nov. 13th

Session III: Nov. 20<sup>th</sup> – Dec. 18th

Instructor: Jen Jensen



### Blue Wave Karate

Day: Monday & Wednesday

Time: 5:00-6:00 pm

Ages: adult and families

Cost: \$35.00 individual

\$30.00 family discount

*Fees subject to change*

Registration: Beginning of each Month

Instructor: Tom Blamey



### Gentle Hatha Yoga

Experience how gentle movement and breathing can make a big difference in the way you feel.

Learn to connect with your body to manage stress, become more flexible, energized and relaxed. No experience necessary!

Age: Adults

Day: Saturday - 9am - 10am

Instructor: Sylvia Castelluzzo

Cost: \$30 Per Month



## Judo



Participants learn basics of sport: Great for self-defense. Techniques involve twisting pulling and pushing the opponent.

Ages: Adult

Day: Saturday's

Time: 10:00a.m. – 11:00a.m.

Cost: \$30.00

Instructor: Sensi John Denora Certified UJF

Registration: Beginning of each Month

## **Adult Sports Leagues**

### Adult Sports Leagues

#### Monday Night Restaurant League Basketball

Steve Pond (619) 224-0399

#### Monday Night Women's Softball

Pete McNamara League Director (858) 453-6208

#### Tue. & Thurs. Night Men's 16 Softball

Steve Pond (619) 224-0399

#### Wednesday Night Basketball

Steve Pond (619) 224-0399

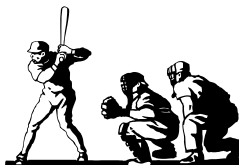
#### Saturday Coed Softball

Steve Pond (619) 224-0399

#### Adult Dodge Ball & Kick Ball

VAVi Sport & Social Club

(858) 273-3485



### Donors needed

By donating to our park system, you can help the Park and Recreation Department enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks and neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool, or recreation program, please call (619) 533-6434.

### Volunteers needed

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with senior and therapeutic recreational programs. If you would like to volunteer, please see staff for more information, or contact the Volunteer Office at (619) 685-1324 or visit

[www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml)

## Recycling Bins



Ocean Beach Recreation Center has recycling bins located behind the center off the alley of Ebers Street. Recycle newspaper, plastic, aluminum, cardboard, tin cans and glass. All recycling proceeds benefit youth programming.

## **Our Policies**

### Payment Policies

- Payment is required at the time of registration
- Please pay with EXACT cash or a check made payable to OBRC
- No credit cards
- A \$20.00 fee will be charged for all returned checks
- Class fees are not prorated or discounted after the beginning of the scheduled session.
- Resident– Resides in the City of San Diego, property taxes are paid to the City of San Diego
- Non-resident– Resides outside the City of San Diego

### Refunds

- No partial refunds or make-ups for missed classes (i.e. routine illnesses, vacations or other schedule conflict). Sorry no exceptions!
- If your child has a medical emergency (not regular or routine illness) and can not participate in class please contact staff as soon as possible.
- A Refund Request Form and your pink registration receipt must be submitted prior to second class meeting.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 221-8804 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

